1986?

LAMBDA VALLEY

MONTHLY

"BUDDIES"

WHEN A FELLA NEEDS A FRIEND

BY HUNTLY HAVERSTOCK

At first glance, Ron Hufham might seem like the last person one would call dynamic. He speaks softly, if with authority. Yet his casual clothes and manner would not set him apart from most male Americans.

But on February 1, at the Lehigh Valley's Lambda Center, he held a crowd of about 25 people spellbound.

His topic was AIDS, the great shadow that hangs over the lives of gay Americans. But Hufham did not come to report some new medical breakthrough or recount in numbing detail the latest statistics of death.

Instead, he was there to affirm life, to talk about how gays, lesbians and straights can help serve those no longer able to help themselves.

Hufham's talk was about being a "buddy" to an AIDS patient. And being from New York, he can truly say he was present at the creation.

"In 1981," Hufham began, "young gay men had suddenly started dying of strange illnesses and no one knew why." As the body count inexorably went up, swallowing his best friend in the process, Hufham decided it was time that he did something about it. So began his involvement as a buddy for AIDS patients.

The buddy system was developed by New York's Gay Men's Health Crisis. Hufham shared with the group many of the things he went through in those early years. He recalled sitting in a New York hospital room watching as the man he had helped for so long took his last walk to the bathroom.

"He knew," says Hufham, "once he got back in that bed that he was never going to get out of it again. Collapsing into a chair, the patient began to cry, and so did Hufham. Sobbing uncontrollably, they both knew it was the only way to deal with facing the reality of death.

Hufham also talked about the way some AIDS sufferers feel at the unfairness of dying so young. One patient Hufham knew became so overwhelmed with anger that he screamed "faggot" while being helped from a car in front of the hospital. That kind of rage, Hufham said, is something that can be expected.

"When you go into a sickroom, remember that you came from work, and they've been watching those awful game shows on television all day," he advised.

Sometimes the most important thing a

continued on page 4

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BOOHOO & BYE-BYE

WOMAN'S COLUMNIST SOUGHT

The women's column found elsewhere in this publication will be the last under the authorship of Kippie Bracken.

Citing increasing demands on her professional life and with big plans for some European travel in a couple of months, Kippie is saying farewell to the staff of the Lambda Valley Monthly.

We will miss her. She was a dedicated feminist and a splendid writer--as demonstrated by this month's fine piece on women and alcohol. She served both the Lambda Valley Monthly and its predecessor, the Le-Hi-Ho News, so well for so long.

Although she promises to be available for an occasional guest article, the regular duties of her column, Lambda Women, will need to be passed to someone else.

Anyone interested? If you can write, respect deadlines and have an absorbing interest in women's issues, you're probably qualified. You don't even have to know how to spell.

If you're interested in applying, send a letter about yourself and some of your column ideas to: The Editor, Lambda Valley Monthly, Le-Hi-Ho, PO Box 1633, Allentown, PA 18105.

BREAKFAST IN BED

VALENTINES PARTY A SUCCESS

The Lambda Center's first Valentine's Day Party on Friday, February 14, started at 7 p.m. and was intended to run for only a couple of hours. Instead, the last people closed the party at 1 a.m.

It was successful in other ways as well. About 30 people turned out--in spite of a weather forecast that called for four inches of snow that evening--and many of them were new faces.

"It wasn't the same crowd we see at other parties," said one of the organizers. "It was a very relaxed atmosphere, which I thought was something that was needed."

There were all the usual party refreshments--punch, snacks and an abundant tray of fresh vegetables. There was also a raffle with prizes designed to highlight the spirit of the holiday. The winner of the top prize received breakfast in bed. The second prize was dinner for two and the others included a box of chocolates, a bottle of champagne and a bunch of roses.

The raffle earned $140 for the center.

So successful was the party that another is already being planned for Friday, April 11. Its theme will be "spring," and it is hoped that no one will have to worry about a snowy forecast that night.

LAMBDA VALLEY
MONTHLY

Le-Hi-Ho, Box 1633, Allentown, PA 18105

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"BUDDIES"

continued from page 1

buddy can do is listen. "Let them tell the story of their day, of their lives, of the doctor that didn't call, of the medication that didn't work," Hufham said. "You're not there to cure them. You're there to help them live while they're dying."

At the same time he advises buddies to listen, he also tells them not to lie. "People with AIDS seem to have a bullshit detector. They know when you're not being truthful with them. They want to hear you say you're afraid of dying, too."

The real purpose behind this honesty is to enable people to deal with their feelings. "The experience of this disease is so devastating that just sharing your feelings with them will allow them to open up and deal with all the things they have repressed all their lives without realizing it,"he said.

Hufham also spoke at some length about hospitals. He explained that relating well to hospital employees is essential to a buddy's role. "You have to understand," he said, "that in a hospital there are people struggling for their dignity in a world that does not want them to have it."

Hufham stressed the important role that nurses and other hospital personnel play in the patient's life. "Once you go

50's PARTY !!!!!

Silhouette Lounge

3-8 Oldies night to support local AIDS groups
3-17 St. Patrick's Day Party
3-21 Talent Night
3-22 The Re-Bells
3-27 Movie Night

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MONDAY THRU FRIDAY - 3PM TO 2AM
SATURDAY - NOON 'TILL 2AM

home, that person will still be there. If you treat the people who are around him without respect then they could treat him the same way."

As part of the session, the gathering broke into encounter and discussion sessions. Here, people talked about how they personally confront AIDS. Several mentioned their own fears about getting the disease and also deep seated religious feelings that are based in longtime prejudices. Hufham asked how many people in the room knew someone who had died of AIDS. Several people raised their hands.

After stressing that it was virtually impossible, short of sexual contact, to get AIDS, Hufham pointed out that being a buddy does not make one immortal. "Doing this work," said Hufham, "is not a contract with god."

Despite the enormity of the AIDS tragedy, Hufham sees reasons for hope amid all the despair. In a sense, he said, it will increase the gay community's role in society and lead to a greater awareness among gays of their own sense of community.

As one participant said, "What I see is a mess out there, and I want to help one person--not change the world. "

Hufham replied, "But that's the way the world is changed."

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April 11 - 13, 1986

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- 3 p.m. *Ladies for the 80's* Party begins. Includes one hour open bar and a buffet.
- Dinner served 5:30 - 10:00. Remember to make reservations.
- Disco continues until 2:00 a.m.

Sunday . . .
- Touch Football Game begins at 1:00
- Tea Dance in Disco 3:00

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LAMBDA CENTER MONTHLY CALENDAR- March, 1986

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Allentown,PA 18101

Mailing Address:
P.O. Box 1656
Allentown,PA 18105

Lambda Center office
433-7377
Hotline: 433-5444
AIDS Services Center
433-5444

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

ONGOING "GOINGS ON"

Tuesdays (4,11,18,25) Metropolitan Community Church------7:30

Fridays (7,14,21,28) Al-Anon----------7:00-8:00

Saturdays(1,8,15,22,29) Drop-In Center----------2:00-5:00

Sundays, Tuesdays, Fridays, &NOW THURSDAYS- Gay & Lesbian Hotline
7:00-10:00

Calendar of Events

3/3	Monday	Women's Night	7:30
3/5	Wednesday	Young Adult Group	7:30-9:30
3/6	Thursday	Board of Directors(Note time change)	5:30-7:30
3/10	Monday	Gay/Lesbian Salon Night- Subject: Being Gay in the LV	7:30-9:30
3/13	Thursday	Anti-Gay Violence Panel Discussion	7:30
3/17	Monday	Women's Night	7:30
3/19	Wednesday	Young Adult Group	7:30-9:30
3/20	Thursday	Hotline Business Mtg.	7:30
3/20	Thursday	Lecture- Subject TBA	8:00
3/23	Sunday	Le-Hi-Ho	2:00-5:00
3/30	Sunday	Easter Sunday MCC Service	7:30

AIDS Services Center (ASC) Events

3/6	Thursday	ASC Management Committee (Note time change)	8:00
3/12	Wednesday	Family and Friends of Persons with AIDS(PWAs) Support Group	7:30
3/26	Wednesday	Family and Friends of PWAs	7:30
3/27	Thursday	PWA Care Group	7:30

Lambda Center: There really is a lot going on during the month of March at the Center. A review of the calendar on the reverse side of this page will show there are only one or two nights that are not featuring a program for the Gay and Lesbian Community of the area. If anyone has an idea for some programming let us know.

March is the kick-off month for the support groups that have been formed by ASC. The two groups that will begin this month are the support group for persons with AIDS (PWAs) and one for the family and friends of PWAs. ASC is also continuing to meet the AIDS crisis in the Lehigh Valley through education and information. Anyone wishing to volunteer or who has any input should call the HOTLINE 433-5444.

The Metropolitan Community Church will be holding a traditional Easter Service on Easter Sunday, March 30, at 7:30. This will be in addition to the regular Tuesday night worship services. Everyone is invited to either or both.

Members of the Board of Directors and of the ASC Management Committee please note the time changes of your March 6th meetings. Also Lambda Board will meet at the House of Chen (732 Hamilton).

This month also marks a first for the HOTLINE. We are now open more nights than we're closed. Beginning March 6, the HOTLINE will be open on Thursdays as well as its usual nights. It is hoped that by June it will be able to add a fifth night. Anyone wishing to volunteer should attend the training sessions on April 6 & 13 at 7:30 p.m.

The Gay/Lesbian Salon Night has chosen "Being Gay in the Lehigh Valley" as its topic for this month. The topic will deal with the history of gay life in the area as well as the differences we see about gay life in a smaller town. The evening is the 10th at 7:30.

On the 13th the Lambda Center will be featuring a panel discussion on anti-gay violence in Lehigh Valley. A representative of the Lehigh Valley Crime Victims Council and the Allentown Police Department will be on hand. Police from Bethlehem and Easton have also been invited. This evening should cast light on a problem that is beginning to plague the area and isn't going to get any better unless we do something about it. The gay community is urged to attend and see what we can do to protect ourselves in the Valley. The evening will begin at 7:30.

Women take note: Women's Night has been expanded to two nights a month. The first one is going to have a program and the second one is for a social evening. The Women's Group is the fastest growing group within the Center.

If your life has been touched by the problem of alcohol in a friend or family member there is a solution. The program that Al-Anon uses is used throughout the U.S. It meets at the Center on Fridays from 7:00-8:00. You don't have to feel helpless anymore. There is a group who can show you how to help.

LOOKING IN TO THE CRYSTAL BALL:
April 6 & 13 Hotline training 7:30-9:30.
April 24 Virginia Appuzzo, former director of the National Gay Task Force, will be speaking in the Lehigh Valley as a fund-raiser for the Lambda Center. Plans are to have her speak at Lehigh University to hold the anticipated large crowd. Call for details.

Membership Application

NAME_____ PHONE_____

ADDRESS_____

Membership to the Lambda Center is $15.00 a year.

Michael A. Abgott, M.D., 1545 Broadway, Bethlehem, 865-6112. General practice.

Alcoholics Anonymous, the Rainbow Group for gays only, Tuesdays, 8:30 p.m., at the Church of the Mediator, 16th and Turner Sts., Allentown.

AIDS Hotline, 7:30-11 p.m., 1-232-8055. 7 nights a week.

Allentown Health Clinic, 437-7760. Sexually transmitted diseases, HTLV III testing.

Bethlehem Health Clinic, 865-7087. Sexually transmitted diseases, HTLV III testing.

Confront, Inc., 1130 Walnut St., Allentown, 433-0148. Counseling, group therapy and other specialized services.

Council on Alcohol and Drug Abuse, 437-0801. Out-patient counseling for alcohol and drug problems, only for Lehigh County residents.

Family Counseling Service, c/o Ernest Josar, 4110 Walnut St., Allentown, 18101, 867-3946. Individual, couple and family counseling.

Donald Graves, M.S., 867-7286. Counseling for the gay community; individual, family and groups.

Keenan House, 114 N. 9th St., Allentown, 439-8489. Residential drug and alcohol services.

Lehigh County Drug and Alcohol Intake Unit, 432-2228. Evaluation and referral services for drug or alcohol threatened persons and family.

Jacqueline Marish, B.A. 1322 Center St., Bethlehem 18012, 346-8380. Counseling for homosexual, bisexual, heterosexual people.

Crime Victims Council, 437-6611. For youth, men and women.

Mollie A. Rubenstein, M.S.W., 867-6542. Relationship counseling, short and long term.

Martin R. Talerico, M.S.W., A.C.S.W., 4555 Hamilton Blvd., Allentown 18103, 398-1547. Individual, couple, and family psychotherapy.

Turning Point,Inc., 437-0222. Counseling, emergency shelter and advocacy for male and female victims of domestic violence.

Valley Wide Help, 435-7111. Referral line.

Valley Youth House, 439 8th Ave., Bethlehem, 691-1200. Food, shelter, and counseling for youth in need of emergency services.

Women,Inc., 1203 Walnut St., Allentown, 776-1300. A multi-service center including drop-in services, counseling, social activities and support.

Gay and Lesbian Hotline of the Lehigh Valley, 433-5444. Information and referral. Sun., Tues., Fri. 7-10 p.m.

Lambda Center, 742 Hamilton Mall, Box 1656, Allentown, 433-7377.

Le-Hi-Ho, Box 1633, Allentown 18105. Gay and lesbian group with social activities, monthly meetings and newsletter.

Muhlenberg Gay Student Union, Dr. George Custen, Box E-90, Faculty, Muhlenberg College, Allentown 18104, 433-3191. Support group for college-age gay men and lesbian women.

LAMBDA WOMEN

Women Who Drink Too Much

BY KIPPIE BRACKEN

The statistics are frightening: ten percent of the general population has a serious drinking problem. Within the gay community, however, the number jumps to 25 percent--and a lesbian is far more likely to have this problem than a homosexual man. Women who have been sexually abused account for 40 percent of all female alcoholics.

A lesbian, if she drinks at all, stands a good chance of developing an alcohol problem. Thirty-five percent of all lesbians have problems with alcohol at some point in their lives. Lesbians are also much more likely to use non-prescription drugs and to attempt suicide.

Kate Kraft, executive director of Women, Inc., Allentown, estimates that there are between 5,000 and 7,000 female alcoholics in the Lehigh Valley. In an attempt to reach this population, Women, Inc., has established the "Woman in Crisis Hotline" for the purpose of providing information and confidential assistance for women who are feeling stress, confusion, depression or anxiety--and as a result may be seeking relief in alcohol and/or drugs.

"Nationally, only twenty-five percent of the people in treatment are women," said Kraft, "and until recently, the percentage in Lehigh County was much worse." (Statistics show a jump to 39 percent for the last quarter of 1985, a clear indication

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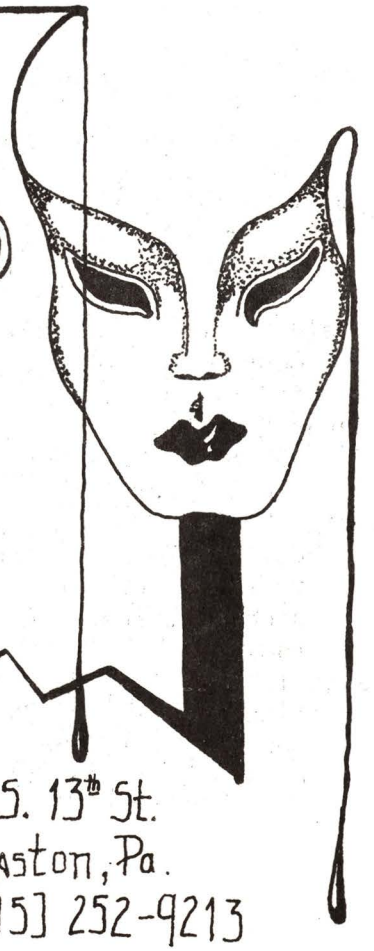


Male Dancer "Jet"	Tue. March 4th
Madeline's Birthday + St. Patricks Day Party	Sat. March 15th
Easter Egg Hunt	Sat. March 29th
Toga Party	Sat. April 5th

Weekly Specials

MON.	Schnapps Shots	75¢	9-1
TUE.	50¢ off all mixed drinks		9-1
WED.	Domestic Beer	75¢ a bottle	10-12
THUR.	Draught Beer	50¢ a Mug	10-2

130 S. 13th St.
Easton, Pa.
[215] 252-9213

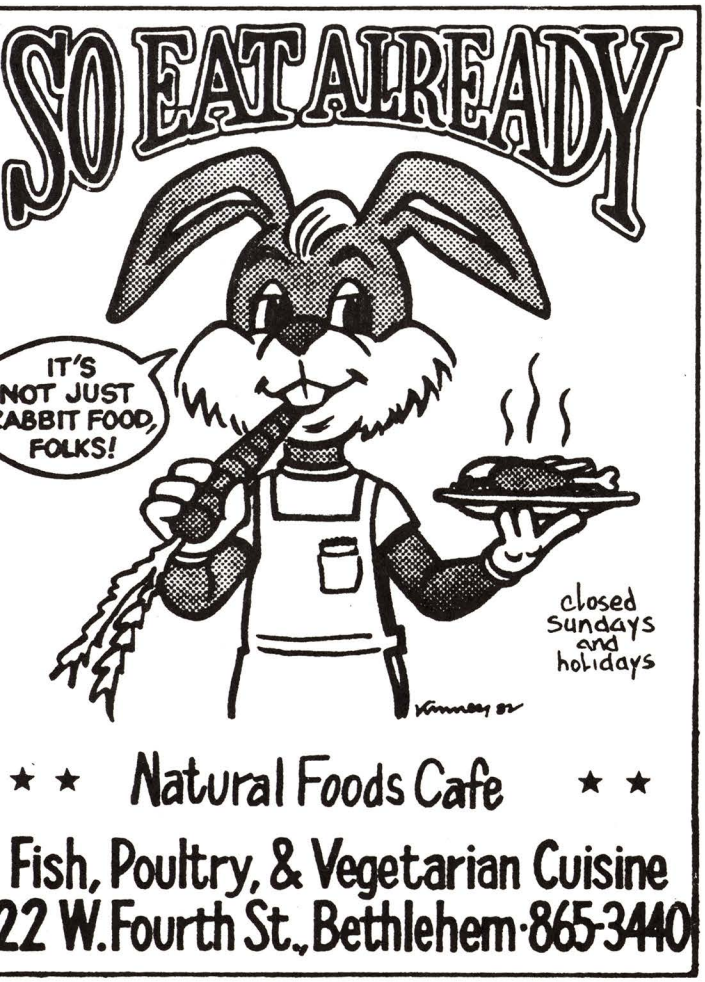
that the Hotline is helping.)

Not too long ago, women were known as the "invisible alcoholics." Most drank in the privacy of their own homes and were "protected" by their families rather than urged to seek help. This notion is very slowly fading, however, as more and more women turn to professional counselors for help in dealing with their addictions. Kraft points out one example of how much things have changed: "In the past, most women were employed in minimal wage jobs and would simply quit or be fired if drinking interfered with the work. Today, with so many women employed in management positions, companies are providing treatment and counseling to help both female and male employees deal with their problem."

Ann is 27. (NOTE: Names have been changed.) She has been attending AA meetings regularly for the past three and one-half years. "I was a mess," she told me. "I was doing acid in the 7th grade, would frequently get drunk alone and was suicidal for several years." After hitting rock-bottom in 1982 she attended an AA meeting with a friend who had become an alcoholic after beating a heroin addiction.

Ann's lover, Jane, also attends AA. In fact, they met at an AA meeting. "I knew I had a problem for at least 15 years," Jane said. "I drink differently than other people. I didn't drink normally."

continued



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GOD'S LOVE FOR

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METROPOLITAN COMMUNITY CHURCH
742 HAMILTON St., Allentown
(The Lambda Center)

Women

continued from page 11

Both Ann and Jane say that they have "addictive personalities" and feel that one of the greatest obstacles that lesbians like themselves face is the gay bar.

"The bars have taken on the characteristics and significance of family gatherings and church picnics," says Brenda Weathers of the Alcoholism Center for Women in Los Angeles. The bars form the nucleus of social life for a large number of lesbians, and many lesbians spend an average of 19 nights per month in a gay bar. This heavy use of bars as a social outlet almost certainly contributes to the prevalence of alcohol problems among lesbians.

But the gay bar scene isn't the only contributing factor to widespread alcohol abuse among the lesbian community. Lesbians suffer the economic, legal and psychological oppression of all women, and then some. To make an already bad situation even worse, the lesbian in trouble with alcohol may never get the help she needs, for she is sometimes faced with an alcoholism treatment system which is not only largely oblivious to the needs of women but is insensitive and sometimes even hostile to homosexual clients.

In an attempt to deal with these problems and to make certain that help is available, organizations like Women, Inc., have been formed to aid women in getting the help they need. If you or anyone you know is suffering from an alcohol or drug problem, call the Women in Crisis Hotline at 776-1308. Help is there if you need it!!

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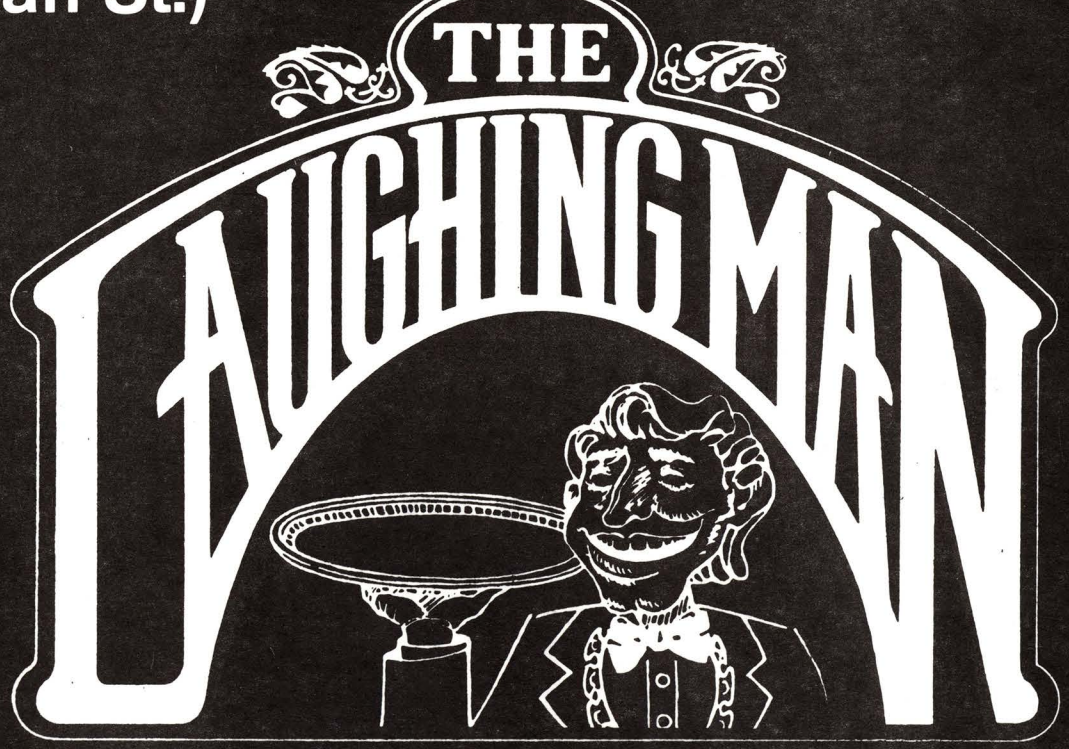

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